

Claims 1-3 (cancelled)

Claim 4. (amended) Footwear comprising a sole, a toe cap, and an upper having a unitary one piece molded metatarsal guard therein for transmitting a load to the sole, said metatarsal guard having no openings therein and comprising a convex arch portion over the wearer's instep; a lip integrally molded with said arch portion and overlying the toe cap; and only a single concave right support leg and only a single concave left support leg overlying the sole, said support legs integrally molded with the convex arch portion and extending on opposite sides of the wearer's foot and bearing against the sole, said convex arch portion having a section immediately rearward of the support legs which does not bear against the sole.

Claim 5. A unitary one piece molded metatarsal guard as recited in claim 4, wherein the convex arch portion and concave right and left support legs are solid members without any openings therein.

Claim 6. A unitary one piece molded metatarsal guard as recited in claim 4, wherein the concave right and left support legs are of less width than the convex arch portion.